

# ERENJOY

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#### ADVENTURES IN CONSCIOUSNESS

A lecture given at Serenity Spiritualist Church on December 2, 1973 through the Mediumship of Richard P. Goodwin

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's morning we will be Gift Subscriptions so many different use we have not yet your name is understanding, is address igs that imagination the principle law One Year (12 issues) \$3.70 agine, he cannot cannot imagine. ☐ Two Years (24 issues) \$6.90 ousness that we ☐ Three Years (36 issues) \$10.10 Add \$1.25 per subscription year for Foreign nagination. We Postage, except Canada, U.S. Possessions, APOs. reate it, but we and FPOs. Canadians add exchange rate difference. id then believed es we first must My check money order in the amount s to experience of \$ \_\_\_\_\_ is enclosed as payment. many types of ss of belief or xperience what ---- state -God is imaginazip \_\_\_\_\_ one two three years is formless and sign gift card "from": the mind is an m beliefs. And e we can be in mown as God. ess to find that zip \_\_\_\_\_ one \_ two \_ three years \_ be asked, "Why ally quite clear, sign gift card "from":= e which is known it is like a thirsty I so in these advenof these imaginings, creation, that that zip \_\_\_\_\_ one \_ two \_ three years \_ tnown as our spirit. sign gift card "from":

#### ADVENTURES IN CONSCIOUSNESS

A lecture given at Serenity Spiritualist Church on December 2, 1973 through the Mediumship of Richard P. Goodwin

On the first Sunday of the month it is my responsibility to speak on the subject matter that has been chosen. And this morning we will be speaking on "Adventures in Consciousness."

So many people wonder why they experience so many different things in life and the wondering is, of course, because we have not yet found the cause of these experiences, which, in this understanding, is known as effects. It has been stated in our teachings that imagination is an indispensible part of the Creative Principle, the principle law that governs creation or form. If man does not imagine, he cannot believe, for man cannot believe anything that he cannot imagine.

And so it is in speaking on Adventures in Consciousness that we would like to share with you our understanding of imagination. We

And so it is in speaking on Adventures in Consciousness that we would like to share with you our understanding of imagination. We imagine a house or a car or a painting and then we create it, but we cannot create anything until we have first imagined it and then believed it. And so it is, my friends, with all of our experiences we first must imagine them; we must believe them in order for us to experience them. And so it is in life that man has and is imagining many types of gods, many types of beliefs, but without that process of belief or imagining, he cannot experience because he cannot experience what the mind cannot first accept. We are not stating that God is imagination because God is formless and free and that that is formless and free, the mind has great difficulty in imagining for the mind is an instrument that places things into form through its own beliefs. And we must get through the mental or mind realm before we can be in true rapport with that Divine formless free spirit known as God.

we must get through the mental or mind realm before we can be in true rapport with that Divine formless free spirit known as God. There are many ways or adventures in consciousness to find that God that we are seeking and well the question may be asked, "Why are we seeking this God, this Divine source?" It is really quite clear, my friends. We have wandered from our true source which is known as freedom, peace or God, and in that wandering it is like a thirsty person on a desert. It seeks to return home. And so in these adventures of consciousness, in all of these beliefs, in all of these imaginings, let us remember one thing. That that survives all creation, that that sustains it, that is before it and goes beyond it, is known as our spirit. (Continued on Page 4)

(Continued from Page 3)

That is the only thing, my friends, that is enduring, for all other things that are brought into form return to the source from whence they came.

So it behooves us to consider more often what we are doing with what we are aware of, for knowledge to anyone is indeed worthless without the effort of application. Many times it has been spoken about the soul faculties and especially the one on faith and patience. Sometimes we seek for years for something and when we see it, we lack the patience, the wisdom to endure if it means enduring the time necessary for its true fulfillment or attainment. There is no fast growth that is lasting or stable. Many times students will come to the spiritual light, blink their eyes in amazement and rush off into the world to express what they have found. My good friends, unless we take the time and make the effort to make it our own first, and that means making it our own, gaining the understanding necessary and the effort to apply the understanding in our day-to-day acts and activities. Man cannot be the instrument of granting understanding to another nor can man be the instrument for the healing of another until he has first demonstrated the healing and the understanding in his own life, each day, in every way. How is it possible to teach another if it is not first within our realm of consciousness to teach ourselves? And the Good Book says, "O, physician, heal thyself!" I am not one of those people who feel that I may be instrumental in helping another human soul if I cannot make the effort and apply the teachings or understanding that I have to myself. I believe there is a word that man has coined to best express that level of consciousness and I believe that word is known as 'hypocrisy.' Of what benefit, my good friends, is it to speak of spirituality; to speak of God's love; to speak of God's guidance; to speak of God's power; to speak of God's light and understanding if we ourselves are not experiencing it first for ourselves?

And so in speaking on adventures of consciousness, I can assure you from personal effort of many years that it is my understanding that all things that come into our universe are a direct effect of laws, mental and spiritual, that we and we alone are setting into motion. Because we may not be aware of those laws is no exemption from their effects; so we first consider working with the vehicle with which we are most familiar and that vehicle, my friends, is known as our mind or mental body. When we are truly at peace, this mind and mental body, these so-called emotions, they come into a perfect balance—into a harmony within ourselves. Our body then expresses that harmony and that is (Continued on Page 6)

# Book Review



## "IN TUNE WITH THE INFINITE"

by Ralph Waldo Trine Bobbs-Merrill Company, Inc., New York Reviewed by Kay Hammel

Ralph Waldo Trine, a man touched and sustained by the spiritual way of life, shares his philosophy and method of attaining that spirituality in this classic. Although "In Tune With the Infinite" was first printed in 1908, the message contained therein is as timely today as it was when first written.

He writes, "As science is so abundantly demonstrating, the things that we see are but a very small fraction of the things that are. The real vital forces at work in our lives and in the world about us are not seen by the ordinary physical eye.....Thoughts are forces; like builds like, and like attracts like."

Mr. Trine has given a definitive guide towards opening ourselves fully to the Divine, which we are in truth. For the novice, this book is an excellent beginning — for those who have been life-long seekers, perhaps this modern classic will bring a fresh approach to their investigation. A universal book for all religions - a tome to grace your bookshelf, enhance your library and expand your consciousness.

Highly recommended!

(Continued from Page 4) known as perfect health.

We begin to see in the wonder of life herself that we are indeed an inseparable part of the whole, that we have come to earth to serve a purpose, to fulfill our own being. The purpose for which each soul enters this earth realm is known within the consciousness of each and every individual. It is not necessary to seek out into the universe what your true purpose in life is, for it is known to you and it is available for the asking. How does one find his purpose in that simple asking? If one is truly seeking the Divine Intelligence, the eternal good of which they are an inseparable part, then one will find that goodness within themself and that goodness will reveal in the quiet of their own mind

the true purpose of their lives.

Where indeed, my friends, are we going if we don't have some review consciously of where we have been? Each day we step out into the world with so many levels of consciousness and we experience a great variety of adventures. And so it is that you are here today, this moment, and you are experiencing an adventure which is the effect of a law that you have set into motion and you will leave this church, this day, and experience another adventure. But what does it behoove the traveler if he does not have some direction of where he is going? There comes a time in life when the traveling and the adventures have indeed served their purpose and when they serve their purpose, man pauses to rest and when he pauses to rest, he begins to think on other levels of consciousness and in that thinking, he awakens to himself and knows the work that he has to do. It is known within our own soul and none of us will escape the inevitable eternal adventure of returning to God. Thank you.

# Road Maps

Would ye learn the road to Laughtertown,
O ye who have lost the way?
Would ye have young heart though your hair be gray?
Go learn from a little child each day.
Go serve his wants and play his play,
And catch the lilt of his laughter gay,
And follow his dancing feet as they stray;
For he knows the road to Laughtertown,
O ye who have lost the way!

# Student's Corner



by Robert Lyons

THANK you, Father, for this opportunity to share with friends, my understanding. I ASK in thy name, that I may choose the words with

broadest meaning.

THE ART of happiness is given to us through the sequence of positive knowledge and understanding. Through sharing the understanding of others. Through translation of another's frame of reference into the understanding of our own frame of reference, through empathy and compassion. By walking in another's shoes, and seeing ourselves as others see us. As we struggle to sort the chaff of imagery from kernels of truth, life as we are able to perceive it often becomes a paradox of contradiction and duplicity. A student healer once summed up my own understanding some time back when he said, "We do not really know one another. We only know our own thoughts about one another."

We are drawn to the spirit of giving and repelled by the spirit of exploitation. As often as we are locked in a prison cell of misunderstanding, we seek the master key of truth that sets men free. It is that which we presume to judge we cannot understand, and when we long for the justice of understanding, it is only our own thoughts we cannot understand. When we exist for the moment in metamorphosis between worm and butterfly not knowing when, or where or how we exist nor understanding, is it not time to correlate our being with the sameness of an interchangeable creation.

John Steinbeck, who loved the sea, once wrote in a frame of reference built out of that love: "And it is a strange thing that most of the feeling we call religious, most of the mystical outcrying which is one of

(Continued on Page 17)

#### THE FUNDAMENTAL FACTS OF SPIRITUALISM

by A. Campbell Holms

Continued from last issue-

# General Suggestions

Endeavour to retain the same sitters at each sitting.

Music, vocal or instrumental, is advised to open each meeting. It is not an absolute necessity.

Avoid excitement or fatigue for some hours before attending the circle. Never include in stimulants previous to a sitting. The forces used are drawn from the physical and psychical parts of our nature, and are therefore affected by the bodily and spiritual states of all concerned.

Do not sit with, or admit to your circle, anyone whom you dislike, or in whom you have not perfect confidence. Avoid acrimonious discussion. Honest skepticism is no barrier to the enquiry, but prejudice and suspicion are undesirable anywhere.

The absence of visible results is no proof that no advance has been made. Often most is done when the least is evident to any of our senses. Much may have to be done by the spirit operators before the object of the meeting is accomplished. They are the workers; therefore it is not unreasonable to ask that you bring to each meeting of your circle the requisites most desired, patience and perseverance.

If you have any deep-rooted religious objection to the subject, or any bigoted aversions to it, leave it entirely alone. You are unsuited to the enquiry, and will derive no benefit therefrom. While the facts crave no one's favour, they fear no one's opposition, but a scientific enquiry is no place for the ventilation of intolerant opinions or prejudices, religious or scientific.

# Visitors Views



"Even though I'm not new to this understanding I truly believe that there are a lot of answers to be found in this church for everyone that is seeking understanding of themselves and the life about them. The spiritual vibration here in this church on Sundays is unbelievably strong and can be felt by everyone. I believe that these people here are brought together by faith and love."

"I was greatly impressed and moved by the service. It has confirmed many of my beliefs and reassured me that I am on the right road to fulfillment in life. I feel very happy and grateful for your efforts to

have people help themselves." P. T.

"My first visit was a very enlightening experience. I am grateful for the events that lead me to Serenity and plan to return. Thank you.

"It was a truly beautiful expression of the beauty of God's expression through us." K. M.

"It was sincere and I felt an all-pervading goodwill among the

people." C. R. "Amazing-I'd like to study this new feeling further. I feel as

though it would be of great benefit to me."

"I really enjoyed the service and felt my own vibrations balance out and rise. I'll be back as often as I can come." M. P.

"How does one put feelings into words? Each time I come here I leave a little stronger, a little more at peace, and with the emotional swell of God's love.'

"The love, the spiritual vibration I feel manifesting with those at Serenity Spiritualist Church is truly remarkable. I'm grateful to them, those in Spirit and the Divine radiance which permeates among this group."

#### SPIRITUALIST DICTIONARY

#### Zarathustra:

The original Persian prophet of Zoroastrianism, who supplanted an earlier nature religion of Iran, by a spiritual monotheistic conception. It was recognized in 520 B.C. by Darius, but later in 400 B.C. was perverted by Artaxerxes to polytheism. The sacred genuine writings of Zarathustra consist of five Gathas, or songs in early Persian from the Zendavesta. He resembled Moses or Mohammed as a leader, recalling his people to a purer faith. There was no forgiveness for wickedness, but there was belief in a future life and the coming of a saviour. Followers in Bombay are called Parsis. Present-day Zoroastrianism inclines to dualism—the conflict of good with evil forces.

#### God:

A conception of the supreme Being. Often referred to in Spiritualism as 'The Great Spirit,' 'Great White Spirit,' or 'Supreme Spirit.' There is little difference between the conception of God by Christians and that of Spiritualists. Though of the latter it might be said to partake more of a pantheistic form: that of life manifesting in all things. Also the Divine mode of working would seem to be by delegation, through successive hierarchies of evolved spirits before reaching the earth sphere. As most Spiritualists were brought up on orthodox lines, they tend to retain orthodox abstract conceptions, welding these into the new fabric of Spiritualism's main foundation—the facts of communication and survival.

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TRUE FRIENDSHIP RESPECTS THE RIGHTS OF DIFFERENCE AND WILL WEATHER ANY STORM. -The Wise One

# PRAYER FOR SPIRITUAL HEALING

I ask the great Unseen Healing Force To remove all obstructions From my mind and body And to restore me to perfect health. I ask this in all sincerity and honesty And I will do my part.

I ask this great Unseen Healing Force To help both present and absent ones Who are in need of help And to restore them to perfect health. I put my trust In the Love and Power of God.

# Healing Hands



# by Pauline Leonard

Within all of us is a force, which directs and controls the entire course of our life. This force releases tensions of various kinds and through this release, the healing power latent within and natural to the human system operates more freely. This force is the Spiritual Healing force of the universe, which flows unobstructively. The obstruction lies within our own nature. By turning the penetrant power of the mind inwards upon itself, we may become aware of previously unsuspected currents of force. Everything pulsates with vibrant life. These currents are electric in their sensation, healing and integrating in their effect. This life force constitutes man's higher self, it is his link with God. It is God in man. Every molecule in our physical system must be soaked with this dynamic energy. This may be reached through meditation and prayer.

\*\*\*\*\*

"Energy will do anything that can be done in the world; and no talents, no circumstances, no opportunities will make a two-legged animal without it."

#### FUN CITY--U.S.A.

by Easter Jestadt

One night I dreamed that my two friends, Raggedy Ann and Andy were living in a peculiar place called Fun City. I had never heard of such a town as this. All one had to do to have fun was to play hopscotch all day as each city block was marked off for this particular game.

Of course, there were other fun things to do like visiting the Gypsy Doll Museum, the Palace of Darts, the famous Cookie Bridge or the Beeswax Zoo to name a few. Also the Toy Car Races were in town. So

vou see - Fun City had a lot to offer.

There were many little streets and back alleys in Fun City and Ann and Andy knew every one of them except one. That was the Street of Love; but they really weren't looking for it because they were having so much fun just playing hopscotch and seeing the sights. Besides it was quite a walking distance and a great ways away from all their activities.

Then - one day, while playing hopscotch, they used their lucky penny for a marker, which proved to be a very foolish thing to do because in the third square it rolled merrily away. At this moment a bright green frog hopped right into the middle of their game and with blinking, absent eyes, he just sat there.

"Can't you see we're playing!" cried Raggedy Ann. "You're in our way!" yelled Andy.

The frog croaked wisely, "If you're looking for your lucky penny you'll find it on the Street of Love."

"But I never heard of the Street of Love in Fun City. How do we get there?" cried Andy with anguish, for he surely didn't want to lose

the lucky penny.

"It might be a little bit difficult to find," said the frog, "but if you will follow my instructions you will get there. First of all, you must take a detour where they are doing all of that building on Doubtfull Street. Now make a right hand turn from Doubtful Street onto Maybe Street. Go two blocks up Maybe Street until you reach the intersection of Trust and Hope. It is at the corner of Hope that you make a lefthand turn and go a good two miles until you reach Liberty Street. As you go up the hill, Liberty Street becomes Divinity Way and within one short block you will find Love Street."

"Oh, thank you for your kindness, little frog," said Raggedy Ann

(Continued on Page 29)



by Duncan Robertson

Within the two halves of our brain may lie two quite distinct personalities, each with its own unique traits and abilities who may function in harmony or carry on a literal battle with one another. This is a thesis of research which is casting a very dual light on the nature of human identity. One of the pioneers in the study of the functions of the hemispheres of our brain is Doctor Roger Sperry of California Institute of Technology.

In all higher animals the left and right cerebral hemispheres appear as virtually identical and are involved in much of the same work. But, there is a division of labor between them. For example, the left hemisphere functions in the perception of the entire right field of vision—not of just the information transmitted from the right eye. The reverse holds true for the right hemisphere. This cross-connection system prevails in all higher animals with the notable exception of the Siamese cat, which seems to be wired rather eccentrically.

In man, however, the specialization of the two hemispheres has gone much further, particularly in the areas where he considers himself superior to his fellow creatures. The function of speech and discernment of language as well as construction of sentences appears to be centered in the left hemisphere, while the right remains mute and illiterate. In most humans the left hemisphere has also assumed the precision grip (right handedness) while the power grip has migrated to the opposite hemisphere. The average person will tend to hold the base of the telephone with the left hand while dialing with the right. In general, the left hemisphere seems to be verbal, analytic and dominant, while the right remains somewhat veiled and mysterious. It is, however, far from unintelligent, for it seems to have a language and type of thinking all its own and comes complete with a full set of emotions. It is the right hemisphere that is largely concerned in the recognition and (Continued on Page 34)

#### A GUIDE TO MEDIUMSHIP AND PSYCHICAL UNFOLDMENT

by E. W. & M. H. Wallis

Continued from last issue-

#### Sir W. Crookes And D. D. Home

Sir William Crookes said: 'Home always refused to sit in the dark. He said that, with firmness and perseverance, the phenomena could be got just as well in the light, and even if some of the things were not so strong, the evidence of one's eyesight was worth making some sacrifice for. In almost all the seances I had with Home there was plenty of light to see all that occurred, and not only to enable me to write down notes of what was taking place, but to read my notes without difficulty. Home was very anxious to let everyone present be satisfied that he was not doing any of the things himself-too anxious, I sometimes thought, for frequently he would interfere with the progress and development of what was going on by insisting that some sceptic or other should come around and take hold of his hands and feet to be sure he was not doing anything himself. At times, he would push his chair back and move right away from the table when things were moving on it, and ask those farthest from him to come round and satisfy themselves that he had nothing to do with the movements. I used frequently to beg him to be quiet, knowing that, if he would not move about in his eagerness to convince us of his genuineness, the strength of the phenomena would probably increase to such a degree that no further evidence would be needed that their production was beyond the powers of the medium.

'During the whole of my knowledge of D. D. Home, extending for several years, I never once saw the slightest occurrence that would make me suspicious that he was attempting to play tricks. He was scrupulously sensitive on this point, and never felt hurt at anyone taking precautions against deception. He sometimes, in the early days of our acquaintance, used to say to me before a seance, "Now, William, I want you to act as if I was a recognized conjurer, and was going to cheat you and play all the tricks I could. Take every precaution you can devise against me, and move about and look under the table or where else you like. Don't consider my feelings. I shall not be offended. I know that the more carefully I am tested the more convinced will (Continued on Page 21)

(Continued from Page 7)

the most prized and used and desired reactions of our species, is really the understanding and the attempt to say that man is related to the whole thing, realted inextricably to all reality, known and unknowable." This is a simple thing to say, but the profound feeling of it made a Jesus, a St. Augustine, a St. Francis, a Roger Bacon, a Charles Darwin, and an Einstein. Each of them in his own tempo and with his own voice discovered and reaffirmed with astonishment the knowledge that all things are one thing and that one thing is all things—plankton, a shimmering phosphorescence on the sea and the spinning planets and an expanding universe, all bound together by the elastic string of time. It is advisable to look from the tide pool to the stars and then back to the tide pool again.

In his book, THE UNIVERSE AND DR. EINSTEIN, author Lincoln Barnett wrote, "Realization that our whole knowledge of the universe is simply a residue of impressions clouded by our imperfect senses makes the quest for reality seem hopeless. If nothing has existence save in its being perceived, the world should dissolve into an anarchy of individual perceptions. But a curious order runs through our perceptions, as if indeed there might be an underlayer of objective reality which our senses translate. Although no man can ever know whether his sensation of red or of Middle C is the same as another man, it is nevertheless possible to act on the assumption that everyone sees colors

and hears tones more or less alike.

This functional harmony of nature Berkely, Descartes, and Spinoza attributed to God. Modern physicists who prefer to solve their problems without recourse to God (although this seems to become more difficult all the time) emphasize that nature mysteriously operates on

mathematical principles.

It is the mathematical orthodoxy of the universe that enables theorists like Einstein to predict and discover natural laws simply by the solution of equations. But the paradox of physics today is that with every improvement in its mathematical apparatus the gulf between man the observer and the objective world of scientific description be-

comes more profound.

It is perhaps significant that in terms of simple magnitude man is the means between macrocosm and microcosm. Stated crudely this means that a super-giant red star (the largest material body in the universe) is just as much bigger than man as an electron (tiniest of physical entities) is smaller. It is not surprising, therefore, that the prime mysteries of nature dwell in those realms farthest removed from sense-imprisoned (Continued on Page 34)

## THE "WHYS" OF SPIRITUALISM

by Edwin B. Morse

1. What is Spiritualism?

Spiritualism is the science that investigates, analyzes, and classifies all things dealing with Spirit in its various manifestations. It constitutes a true religion when one lives in accordance with its teachings. When properly applied it becomes a natural channel through which immortality of the soul is proven. This is accomplished by communion with entities who have experienced the transition. Spiritualism proves, through its phenomena, that the soul has always existed in its eternal form, and that the body of flesh through which it expresses itself, in this life, is only of temporary duration. This physical body is merely a vehicle of flesh through which the soul must express in order to gain experience on this plane, and to eventually master natural law which must be accomplished in the course of the evolution of the soul.

2. Why do Spiritualists hold their seances in circles?

Spirit always expresses itself in cycles. There are no straight lines, or squares, in the universe, as witness the actions of the planets both in their formation and their orbits. If a man becomes lost in a dense forest he will travel in a circle and not in a straight line, because the circle is natural. In the seance room, the disembodied entities can operate better if they can gather the vibrations of the sitters into a natural circle. It isn't absolutely necessary but brings forth the best results

3. Why is it necessary to have a medium? Why cannot these "spirits" come and talk to me in my own home?

Entities are not "spirits" — they are souls, and all part of Spirit or God. The Bible teaches "God is Spirit" and that all things are of Spirit, which is God. A medium is one who has trained him, or her, self to become sensitive to certain vibrations expressed by soul activities on other planes. This requires many hours of sitting, study, concentration, and meditation. These souls are very anxious to manifest their presence in your own home but, until we have mastered the laws governing the phenomena and directed our own mediumship along these lines, we must depend upon one who has.

#### THE A. B. C. OF SPIRITUALISM

by B. F. Austin, A.M., D.D.

49. How might the message work among Spiritualists be lifted to a higher plane?

1. By more study of the conditions necessary to the exercise of reliable mediumship and attention thereto. 2. By classes of instruction for all Spiritualists under a good teacher. 3. By requiring a Three Months' Course of reading and Catechism instruction for all beginners and investigators before they are admitted to Seances. 4. By emphasizing the fact that Spirit Messages are chiefly and primarily for spiritual instruction and comfort and only incidentally for material interests. 5. By requiring all church mediums to confine their public messages to Spiritualities and compelling those who seek information and instruction from the spirit world on material affairs to do so in private sittings.

50. What are the chief outward hindrances to the acceptance and

spread of Modern Spiritualism?

Ignorance of the Philosophy and Phenomena presented by Spiritualism to the world. The Power of Numbers, Wealth, Prestige in the church which has ever opposed Spiritualism. The Practical Materialism of the age largely immersed in money getting. Fear of Social Ostracism on the part of those who are attracted toward the movement.

Too radical statements of doctrine to those who are not prepared for them; attacks on the Bible and Christianity as if Spiritualism was utterly out of harmony with them (Spiritualism has its own rational interpretation of the Bible and is not at war with Christianity properly understood, the Christianity of Jesus); illiterate workers who crowd their way to the front and assume the platform without very much of a message and with very poor qualifications for expressing that message; lack of harmony among mediums and church societies, engendering rivalries and jealousies; officials who have sought office and position and obtained them and are not qualified for leadership. Many societies and churches under settled pastors and with efficient mediumship, show increasing strength and solidity and others decrease in effectiveness.

In this new book are the wonderful teachings of the Old Man, which were given as progressive lessons to a class in spiritual unfoldment through the Mediumship of Richard P. Goodwin. It has been nine years since the beginning of the Old Man's instruction directly through trance-voice. Again and again we are introduced to a continuing and tantalizing series of new subjects, lovingly explained and carefully attuned to our understanding.

The Old Man (we are never told his name) is one known as a Teacher of Light. He is a fine teacher; in a hundred ways he intertwines his allegory, progressive explanation, unfolding exercises and timely references to reach many levels of individual minds. "Think more often and think more deeply" he tells us

and think more deeply," he tells us.

In "The Living Light," he makes clear that his lessons are not dogma, creed or a narrow way, but his beautiful form of instruction to aid us in our own individual progression.

"The Living Light" is unique, the first and fresh expression of the individual understanding of a Great Heacher from other dimensions, understanding developed in him in centuries of study in higher realms. The lessons to be perceived are not new they are very old, but they are alive and new to certain levels of our being. Lim is why they are given now, in our time, for those who seek. The way is not easy, but it is beautiful. In this book, gently taught in simple, direct language is a course of study and continuous inspirational and directive reading, for the study of the unfoldment of the spirit and psychical awareness, the Divine spark in every man.

# Selected Passages:

"Many times students have thought that it is a natural process to require so much rest in so many given hours. This, children, is a fallacy created by the illusions of mind stuff. As long as you permit this fallacy to entertain your thoughts, you will indeed by governed and controlled by it."

"The Living Light" is invaluable, timely, and meant for everyone.

Order now your copy of the limited deluxe first edition "The Living Light." \$10.50 per copy, plus \$.30 handling and mailing. Mail order to:

Serenity Publications, P.O. Box 137, Forest Knolls, CA 94933

# (Continued from Page 16)

everyone be that these abnormal occurrences are not of my own doings." Latterly, I used jokingly to say to him, "Let us sit round the fire and have a quiet chat, and see if our friends are here and will do anything for us. We won't have any tests or precautions." On these occasions, when only my own family were present with him, some of the most convincing phenomena took place.'

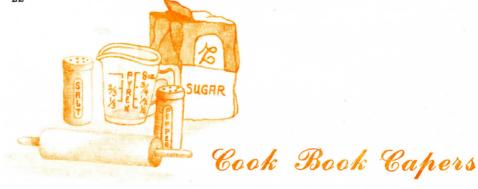
# D. D. Home An Upright Man

In justice to Mr. Home, perhaps the most wonderful medium of modern times, we insert here, in addition to what has already been said, the following tribute to his nobility and sincerity by Sir William Crookes: 'I think it is a cruel thing that a man like D. D. Home, gifted with such extraordinary powers, and always willing, nay, anxious, to place himself at the disposal of men of science for investigation, should have lived so many years in London, and, with one or two exceptions, no one of weight in the scientific world should have thought it worth while to look into the truth or falsity of things which were being talked about in society on all sides. To those who knew him, Home was one of the most lovable of men, and his perfect genuineness and uprightness were beyond suspicion, but by those who did not know him he was called a charlatan, and those who believed in him were considered little better than lunatics.'

# Not Trivial or Unworthy

We need not do more than refer, in passing, to the objections of those who regard the tilting and rapping of tables, the ringing of bells, and other phenomena of the kind as 'trivial,' and 'undignified,' and 'unworthy of spirits from the other world.' We do not deem it trivial or undignified to lift the knocker and rap the door, or ring the door bell, when we call upon our friends and wish to make them aware of our presence. May it not be our materialistic tendencies which compel the spirits to employ physical means of reaching us because 'having eyes we see not, and having ears we hear not,' and are unresponsive to all their appeals upon the more spiritual plane? Further, this asserted 'unworthiness' assumes the very point which the phenomena are intended to prove, viz., that there are people in the other world to communicate with us.

(To be continued in next issue)



# by Edie Faubel

# 3-MINUTE DE-FATTED "CREAM" SAUCE Only 51 calories per cupful versus 430 calories made traditionally

#### Mix in blender:

2 cups water

2 Tblsp. cake flour

4 Tblsp. instant dry milk

1 tsp. Lawry's Seasoned salt

¼ tsp. regular salt

½ tsp. Accent

1/8 tsp. pepper

Cook in heavy pan over high heat, stir constantly with spatula. If you like, melt in a tablespoon of grated cheddar cheese and count 14 calories more per cup. Makes 2 cups.

Now dieters can enjoy casseroles with their families-saves time

and work. This is a great favorite.

# FLUFFY RICE (EVERY TIME)

Melt 2 tablespoons margarine in heavy pan that has a tight fitting lid. Add dry rice & stir until each grain is coated. Add salt & twice as much water as rice plus 1/2 cup "for the pot." Steam 20 minutes. Stir lightly with fork.

Put a drop of yellow food coloring in water when cooking macaroni. Gives a rich look to cheese dish.

#### INVOCATION

O Great Infinite Intelligence, creative power of the Universe which gives to every form of life in nature's temple a voice of praise—to the songbirds in the trees, to the great deep that ceaselessly rolls its anthem and to the worlds that speed onward through limitless space. While we share in the joyfulness of the ever-living winds and waves, we know that in that higher temple, the temple of the soul there are voices that ever speak aloud for truth, for justice and for liberty. We are indeed grateful to know that the soul of man is immortal and that the Universe with all its sublimity, is the soul's eternal heritage. We are happy for the knowledge of the higher and diviner life, which even now stamps the living clay with the images of immortal thought and beauty. May the light of immortality which streams in and through the illuminated chambers of the human brain dispel the shadows of doubt and fear and terror of death. May the Star of Knowledge never fade, the Moon of Wisdom never be eclipsed and may the Sun of Spiritual Power eternally replenish its resplendent light. Amen.

## LIFE'S ANCHOR

Rise, O Soul, to higher things! Be exalted in the light of thine own radiance and strength!

How vast, how limitless are the resources of the Soul!

How unexplored the deep repository of eternal attributes!

How skillfully hidden from mortal view!

Beneath the strength and skill of the physical body, beneath the achievements and unrest of mortal mind lies the unperturbed soul of man, like the calm waters of the sea beneath the surging waves. Beneath the ever-changing mortal part of man lies the soul like an impenetrable rock beneath the shifting sands, anchoring man to earth until the experiences of this terrestrial plane have prepared him for celestial existence.

Led by wisdom's light, guarded by loved ones in Spirit, man continues the journey of life, knowing that "through the qualities of the soul all shall arrive."

### BENEDICTION

May the beacon light of truth flash its rays on our pathway through life, bringing peace, hope and joy into the lives of all. Amen.



Busy Bees

# by Bee Dorbandt

Spiritual Awareness Classes are now in session for a twelve-week period. We are happy to be with old and new friends at the Log Cabin, under the teachings of The Wise One, learning the natural and spiritual laws of the universe and their application.

Reverend and Mrs. Clyde Dibble attended a recent Sunday service at Serenity. He spoke to the congregation on Serenity's growth and sincerity of purpose in building a solid foundation for future and pre-

sent Spiritualists.

The Bake Sale held on December 22nd was a complete sell-out. Our next Bake Sale will be on January 26th at the Novato Downtown Shopping Center. To those of you who so selflessly give of your time and talents, we extend our very sincere gratitude. The Bake Sales are ever-increasing in volume of both merchandise and consumers.

A cake decorating course with emphasis on spring flowers and Easter decorations will begin in February. For details, please contact Mrs.

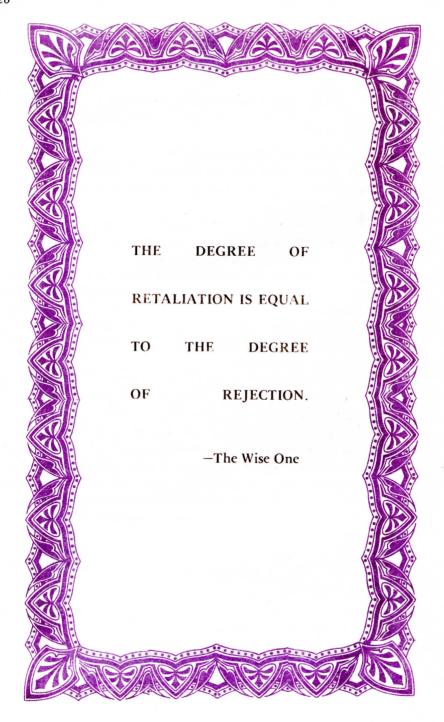
Charles (Miriam) Bostwick at the church or office.

Serenity's next dinner-social, to be held on January 19, 1974, is entitled "Polynesian Night." Plan to be with us at this happy event. The food is delicious....we play games, prizes are awarded and those who attend go home with a happy feeling that all is well at Serenity.

The Ladies' Guild and Men's Club meet every Tuesday at the Church office. Your reporter attended her first meeting recently. Such activity! Rugs were being hooked; Raggedy Ann and Andy dolls were being put together; there was talk about afghans and quilts, tapestries, modelships, all in the making for the Holiday Harvest Bazaar next November. The fun, laughter and gayety were infectious. All of our activities and the funds we receive therefrom are for our building fund.

## DECLARATION OF PRINCIPLES

- 1. We believe in Infinite Intelligence.
- 2. We believe that the phenomena of nature, both physical and spiritual, are the expression of Infinite Intelligence.
- 3. We affirm that a correct understanding of such expression and living in accordance therewith constitute true religion.
- 4. We affirm that the existence and personal identity of the individual continue after the change called death.
- 5. We affirm that communication with the so-called dead is a fact, scientifically proven by the phenomena of Spiritualism.
- 6. We believe that the highest morality is contained in the Golden Rule: "Whatsoever ye would that others should do unto you, do ye also unto them."
- 7. We affirm the moral responsibility of the individual, and that he makes his own happiness or unhappiness as he obeys or disobeys Nature's physical and spiritual laws.
- 8. We affirm that the doorway to reformation is never closed against any human soul here or hereafter.
- 9. We affirm that the Precept of Prophecy contained in the Bible is a Divine attribute proven through Mediumship.



#### BECOMING A SPIRITUALIST

# The Influence of the World of Spirit Upon the World of Today by H. Gordon Burroughs

When we have opened the door between this world and the other world by means of mediumship, the greatest faculty that God has given to man, we find that those upon the other side of life give us valuable knowledge. They tell us things that may confuse and bewilder at first, because of the religious teachings that we have received in the past. For instance, one of the very first things which we were taught was that there was an unusual place to which we were going after the change called death. That world was called heaven. We were also told that there was another place in which many souls would find themselves after death. This world was called hell. It was a place of everlasting torment, in which God consumed those souls who had been unworthy and who perhaps could not interpret His word or could not accept the interpretation of His word.

We were also taught that at the moment of death we entered into eternity; that we would, after death, put on immortality and live in a state of happiness or unhappiness depending on the kind of life we had

lived on the material plane.

But through the faculty of mediumship we are told that as places, there is neither a heaven nor a hell set apart; heaven and hell are states of consciousness into which the individual enters according to his own desires, hopes, aspirations, and ideals. We are told further that we are not by means of death going into eternity, for we are living in eternity; that we have always been associated with God in some form. In other words, the only time we have is the Present Eternal Now, in which all that has been and all that we hope to experience are but parts. They are only the manifestation of the everpresent eternity in which God and man are of equal importance. Those who have gone to Spirit Life find that they are the same individuals, the same men and women they were before the change. Death is nothing more after all than the casting off of the old garment and the putting on of a new one in the everpresent-now. Man does not find the city-four-square, but he realizes that he has made a change—a change all of us will experience.



# Lest We Forget

Adkins Family Black Hawk Blackie Cleo Luigi Enciroli Frank Fogel Donald Fowler Isa A. Goodwin Jacques Alexis Krivor Nicholas Krivor Frederick Lorenzen Mike Gilbert Nelson Donald Parenteau James Peavie Fea Peterson Steele Ralph J. Stewart Margaret L. Walker Robert Walker Zipper

To send a helpful thought of joy and light to those you love who have passed to the higher life, list their names in this column. Donation of one dollar per name. (Continued from Page 14)

and Andy. The frog winked and hopped away.

So Raggedy Ann and Andy began walking hand-in-hand in their search for the Street of Love. Dusk was appearing when they reached the intersection of Trust and Hope, as they were being distracted by all the fun things to do. They had never been alone in the big city at night and were somewhat afraid.

"I-I-I think we're almost there," said Andy to Ann.

"I'm so tired," said Ann, after climbing up a steep street. Just as it was getting dark they found the sign which said "Love Street." It was like no other street in the city—no hopscotch squares, theatres or noise—just peace and quiet. That is to say no noise except for the whirring sound of their lucky penny twirling happily in the moonlight.

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#### THE THRESHOLD

The seas are quiet when the winds give o'er; So calm are we when passions are no more. For then we know how vain it was to boast Of fleeting things, so certain to be lost. Clouds of affection from our younger eyes Conceal that emptiness which age descries.

The soul's dark cottage, batter'd and decay'd,
Lets in new light through chinks that Time hath made:
Stronger by weakness, wiser men become
As they draw near to their eternal home.
Loving the old, both worlds at once they view
That stand upon the threshold of the new.

by Edmund Waller



# Vespers

I know the night is near at hand: The mists lie low on hill and bay, The Autumn sheaves are dewless, dry; But I have had the day.

Yes, I have had, dear Lord, the day; When at Thy call I have the night, Brief be the twilight as I pass From light to dark, from dark to light.

-Silas Weir Mitchell

# Forget It

Forget the slander you have heard, Forget the hasty, unkind word; Forget the quarrel and the cause, Forget the whole affair, because Forgetting is the only way. Forget the chap whose sour face Forgets to smile in any place. Forget you're not a millionaire, Forget the gray streaks in your hair. Forget the coffee when it's cold, Forget to kick, forget to scold, Forget the iceman's bill is large; Forget the coalman and his ways, Forget the winter's blustery days.

-Anonymous

#### Memorabilia

My mind lets go a thousand things
Like dates of wars
and deaths of kings,
And yet recalls the very hour—
Twas noon by yonder village tower,
And on the last blue noon in May—
The wind came briskly up this way,
Crisping the brook beside the road;
Then, pausing here,
set down its load
Of pine-scents, and shook listlessly
Two petals from the wild-rose tree.

-Thomas Bailey Aldrich

# Search for God

I sought His love in lore of books, In charts of science's skill; They left me orphaned as before— His love eluded still; Then in despair I breathed a prayer; The Lord of Love was standing there!

I sought His love in sun and stars, And where the wild seas roll, And found it not. As mute I stood, Fear overwhelmed my soul; But when I gave to one in need, I found the Lord of Love indeed.

-Thomas Curtis Clark

#### FABLES FOR YOUNG AND OLD

#### THE HARES AND THE FROGS

A large group of Hares met one day to discuss their many problems. First they talked about ways to escape the hungry Wolves. Unable to solve that problem, they went on to discuss the hungry Foxes, and the Lions, and the Bears, and the Men with traps and guns. By the time the Hares had covered all those areas, they were so upset that many of them started crying.

"It's hopeless!" cried one of them. "We are doomed to a life of persecution! Everyone is our enemy!"

"He's right!" cried another. "We are the most intimidated and helpless of all animals! Let's throw ourselves in the lake and end it all!"

"Yes!" shouted all the Hares. "Let's end this misery!"

So the group of Hares headed for the lake. But as they approached the water's edge, they startled a group of Frogs who were sunning on the bank and sent them leaping into the water.

"The Frogs were afraid of us!" shouted one of the Hares. "We actually scared someone!"

"We really did!" said another. "Maybe we don't have it so bad after all."

The Hares slowly regained their will to live, and finally decided to call off the original plan. Instead they sat around the edge of the lake and spent the day frightening Frogs.

-No matter how dismal things may seem, there's always someone who's worse off-



# Serenity Books

# SPIRITUALISM AND RELATED SUBJECTS

"IN TUNE WITH THE INFINITE" by Ralph Waldo Trine	.\$2,12
"THIRTY YEARS AMONG THE DEAD" by Carl A. Wickland, M.D.	\$6.95
"THE BIOLOGY OF THE SPIRIT" by Edmund W. Sinnott	\$3.18
"THE 'WHYS' OF SPIRITUALISM" by Edwin B. Morse	\$ .75
"HANDBOOK TO HIGHER CONSCIOUSNESS" by Ken Keyes, Jr.	\$2.12
"THE FUNDAMENTAL FACTS OF SPIRITUALISM" by A. Campbell Holms	\$1.50

Book lists available on request. Make check or money order payable to: Serenity Spiritualist Association, P.O. Box 137, Forest Knolls, CA 94933 Please add \$.30 per book for postage and handling.

# EVER-RECURRING QUESTIONS

by Andrew Jackson Davis

QUESTION: "Can you resolve me the cause why now I never dream? I was used years ago, in my lighter and lovelier lifetime, to dream every night. And in the mornings, the remembered snatches of these dreams were my staple breakfast talk. But now I never dream. I cannot recall the period of the change. But at the time of life whence memory draws these dreams, I had no near, dear friends in spirit land. None till after marriage. A few years after, death clutched wife and her babe—which latter left me the inheritance of its sharp, shrill cry only, and then died into immortality. I have never dreamed since. Why?"

ANSWER: The constitution of the mind is double throughout. The individual, consequently, has two lives in one. The events of the outer life are linked into a chain by the faculty of memory, but this chain may greatly differ from the golden links of the Inner Life.

The External memory is a recorder of that which has just transpired-it reports the events of hours, days, weeks-but this power may

be greatly weakened by disease, or crippled by affliction.

The Internal memory, on the part of the Inner Life, can never be injured. If it be active at all, its action is prompt, and spontaneous, and eternal. It takes notice of nothing but impressions, principles, truths, ideas; for these are vividly remembered in the deeps of intuition,

which is all memory.

The power to dream is imminent in all the mind. But the recalling faculty is a part of the intellectual or front group, and belongs, therefore, to that portion of the brain which is denominated "the voluntary region." Now, when our Brother lost his faculty of recalling the dreams of the night, it impressed his judgment with the conviction that his whole Inner Life was idle, or dreamless, during the hours appropriated to slumber. But one of these days or nights, he will begin to get reports from his more interior Memory, which is the treasury of dreams innumerable, awakened or deposited by unseen wingless visitors from the Summer Land.

The reason why he experienced a suppression of the dreaming power is, the shock which the affectional (or posterior) portions of mind received at the departure of his companion and her babe. This sad experience reversed the magnetic poles of the brain for a time; so that the External memory ceased to notice and recall night-thoughts. (Continued from Page 17)

man, nor that science, unable to describe the extremes of reality in the homely metaphors of classical physics, should content itself with such mathematical relationships as may be revealed.

mathematical relationships as may be revealed.

Albert Einstein himself says, "The most beautiful and most profound emotion we can experience is the sensation of the mystical. It is the power of all true science . . . To know that what is impenetrable to us really exists, manifesting itself as the highest wisdom and the most radiant beauty which our dull faculties can comprehend only in their most primitive forms — this knowledge, this feeling, is at the center of true religiousness."

Success is getting what we want — Happiness is wanting what we get. LOVE is the only commodity which multiplies and grows when divided and shared. EACH of us walks in the light as far as we can see it.

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(Continued from Page 15)

expression of complex visual patterns, spatial relationships, music, dance and synthesis, and seems more capable of conceiving the total picture - the *gestalt* of a scene. Doctor Sperry notes that strangely, "excellence in one hemisphere tends to interfere with top-level performance in the other."

Psychologists are becoming familiar with the terms "left hemisphere (or verbal type" and "right hemisphere (or non-verbal) type," particularly as regard the tendencies exhibited by children. For it is currently believed that the former types have a tendency toward the more analytic or verbal fields such as science or writing, while the latter lean more toward the artistic. The right hemisphere type, incidentally, is easier to hypnotize.

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#### EDITOR'S NOTE-

Moving? To receive uninterrupted delivery of your monthly Serenity Sentinel, please make sure your change of address reaches us at least six weeks prior to your change of residence.

# (Continued from Page 17)

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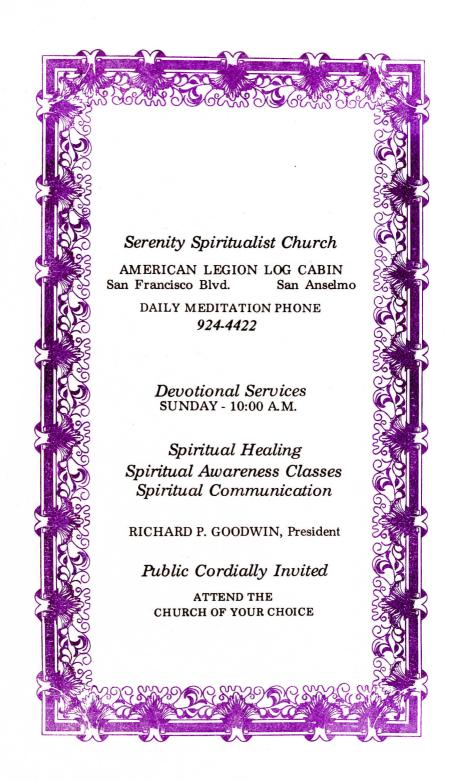
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